



**A healthier and more active life
is cool for everyone.**

It won't happen overnight. A healthy lifestyle takes encouragement, patience, and understanding.

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Day	2 <i>Example: Dad built a snow fort with Sam.</i>	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Martin Luther King Jr. Day	22	23	24	25	26
27	28	29	30	31		

Achievement Ideas

- Veggie of the month — Green Beans.**
Try green beans for the first time or try cooking them in a new way.
- Walk up a flight of stairs and back down — even at a slow pace — for just 5-10 minutes at least three times a week.
- Get the whole family on the floor to do sit-ups and crunches at least twice each week.
- What's your idea? _____

Total number of achievements this month: _____



Meal Tips

Breakfast

Add fresh fruit to your cereal.

Lunch

Use whole-grain bread or tortillas for sandwiches.

Dinner

Add extra vegetables and grilled chicken to your favorite pasta dish.

Simple Snack

Chicks Mix — Combine 1 cup of fat-free plain yogurt with one envelope of ranch dressing mix for a tasty dip that's great with baked chicken tenders.



Activities

- Ice skating
- Snowshoeing
- Bowling
- Aerobics
- Sledding/tubing
- Walking
- Skiing

Fun Fact

Slow down! It takes 20 minutes for your brain to get the message that your body is getting food.



www.presidentschallenge.org
www.americaonthemove.org
www.mypyramid.gov
www.fruitsandveggiesmatter.gov (recipes)
www.3aday.org

